

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

**Rick Scott**

Governor

Celeste Philip, MD, MPH

State Surgeon General

Vision: To be the Healthiest State in the Nation**September 7, 2016**

World Heart Day Community 5K Race

Florida Department of Health in Charlotte County is celebrating World Heart Day by hosting a 5K Walk/Run on September 17th at Laishley Park.

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Port Charlotte, Fla. – World Heart Day, created by the World Heart Foundation and recognized annually on September 29th, is an opportunity for individuals and communities to come together to promote heart health. The Florida Department of Health in Charlotte County is hosting a 5K walk/run to celebrate and encourage heart health and to commemorate this event.

“Heart disease doesn’t discriminate. It affects all ages, races, religions and neighborhoods,” said Dr. Frank Lepore, Administrator for the Florida Department of Health in Charlotte County. “World Heart Day is a chance to remind Charlotte County of one of our biggest health threats, heart disease, and that it can be prevented by addressing behaviors, such as tobacco use, unhealthy diet and physical inactivity.”

After cancer, heart disease is the second leading cause of death for Charlotte County residents. But the American Heart Association states that walking can have a significant impact on your health by lowering your chances of heart disease. Research indicates that walking daily for at least 30 minutes can help to:

- Reduce the risk of stroke and coronary heart disease
- Maintain your body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes

Join the Florida Department of Health in Charlotte County from 3:00 PM to 6:00 PM on Saturday, September 17th at Laishley Park to take the first step towards better health! Registration is free and can be done by calling Abbey Ellner at 941-624-7200 extension 7261.

About the Florida Department of Health

Florida Department of Health**in Charlotte County**

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FloridaHealth.gov**Accredited Health Department**
Public Health Accreditation Board

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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